

1995

Easy Does it Cookbook

Brenda Costigan

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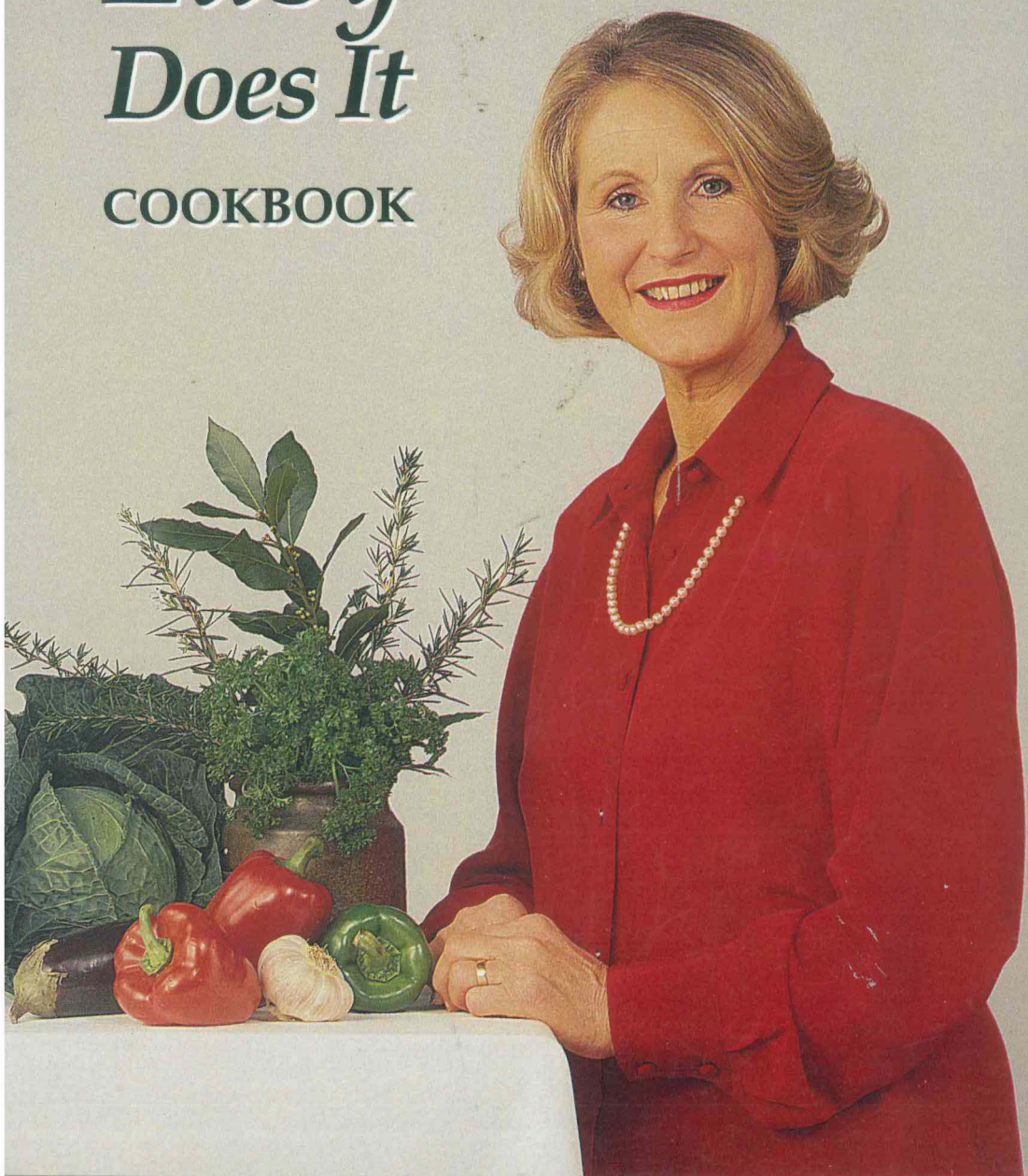
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Brenda Costigan

*Easy
Does It*

COOKBOOK



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Cooking and Food Styling - Brenda Costigan

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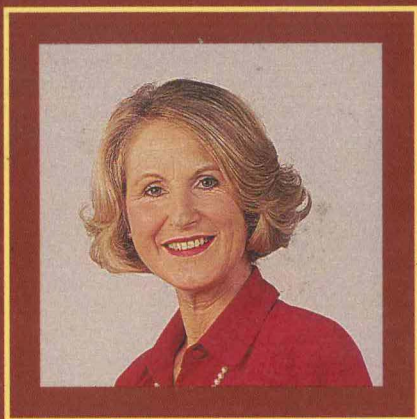
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Easy Does It is Brenda Costigan's third cookery book. A collection of her favourite recipes with quite a Mediterranean touch to them. Constantly aware of healthy eating guidelines her recipes also allow for the occasional self-indulgence! Easy to follow, her recipes are clearly explained with lots of superb photographs.

Brenda Costigan is a well known cookery writer. Her other two cookery books **Anything I can do...** and **For Goodness Sake** are proven best sellers. Her face is well known on television on R.T.E. where she presents the cookery on Live at 3 and on BBC as a guest on Good Morning with Anne and Nick. Her voice is familiar on radio being a frequent guest on the Pat Kenny Show and other radio shows. Her weekly column in the Sunday Independent has had a huge readership over many years.

Brenda is a qualified Home Economics graduate. She lives in Dublin with her husband and they have a daughter and two sons.

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